

How to Document Technology Misuse by Your Partner

Safety Alert: Computer use can be monitored and it is impossible to completely clear your browser history. If you are afraid your internet usage might be monitored, call the National Domestic Violence Hotline at 800-799-7233 or 800-787-3224 en Español.

Does your partner use technology to keep tabs on you? Perhaps even harass or intimidate you? That's the [misuse of technology](#) to abuse, sometimes called [digital abuse](#). If you or someone you know is dealing with digital abuse, it can be useful to know how to document this behavior.

Keep in Mind:

- If you are using a shared computer at home, or believe someone is monitoring your internet usage, consider viewing this information from a public setting, such as a library.
- It is also a good idea to exit from this website and delete it from your browser history after viewing this material.
- [This guide](#) offers tips on how to clear your browser and be safe online.

Keeping track of your spouse or partner's misuse of technology can help you identify patterns of behavior that can provide useful information for you and a victim advocate to develop a safety plan that reduces your risk of harm. Documentation can also serve as an important record of evidence if you choose to pursue an [unrestricted report](#) of domestic abuse.

How to Keep a Record of Technology Misuse

Below are key points to keep in mind when making a record of technology misuse by your spouse or partner. They were adapted from [this guide](#) by the Safety Net Project of the National Network to End Domestic Violence. Inclusion of this information does not imply endorsement

of the Safety Net Project by the Department of Defense. If you have any questions, you can always work with a [FAP victim advocate](#).

- **Keep a written log of events.** Write down the date, time, location, suspected technology involved (e.g., phone, email, etc.), and a brief description of what happened. If there are any witnesses, note that. For an example of what this looks like, see this [Technology Abuse Log](#). Remember to save this information in a place or format that won't be accessible to your partner—for example, make sure to securely log out of your email account if you share a computer or device with them.
- **Save everything that is relevant to the behavior,** but do not save all items in the same way or place. Things to save include physical notes, emails, texts, phone calls, voice messages and social media contact. Consider physical places where items can be kept privately as well as trusted people who could hold things for you.
- **Save emails in the original email account.** If you are concerned that the emails might be deleted, print or screenshot them with the header information included. The process for showing the header information will depend on your email server. An internet search for “show email header” and the name of your email type (Gmail, Outlook, Yahoo, etc.) will provide directions for showing the header before you print or screenshot. The header provides the Internet Protocol address, which can identify the sender.
- **Take a screenshot or photograph of text messages,** and also take a screenshot or photograph of the contact page to show the phone number that is associated with the name shown on the message.
- **Screenshot harassment or abuse on social media websites.** Some sites, such as Facebook, have a feature to download specific information.
- **Print out or screenshot your telephone call logs.** Record voice mails, and check on your state's laws about recording telephone conversations.

In addition to the above tips, you may find this guide on [How to Gather Technology Abuse Evidence for Court](#), by the Resource Center on Domestic Violence, Child Protection and Custody, helpful. Note that inclusion of this resource does not imply DoD endorsement of the Resource Center on Domestic Violence, Child Protection and Custody.

The misuse of tech by your partner is still abuse. Mobilize help for intimate partner violence, online or off, by contacting your local [Family Advocacy Program](#). An advocate can work with

you to develop a safety plan around technology. If you are concerned about your safety and need immediate support, call the [National Domestic Violence Hotline](https://www.thehotline.org/) at 800-799-7233.

[How to Document Technology Misuse By Your Partner - Military One Source](#)

KEY MESSAGES:

- When it comes to domestic abuse, everyone's situation is different – it can happen to anyone and is not their fault. Whatever the circumstances, a call to your installation's Family Advocacy Program or Military OneSource can link you to resources and support.
- Preventing abuse in the military community starts with promoting an understanding of what safe and healthy relationships look like, and providing ways for individuals to take steps such as setting boundaries and seeking help in stressful times, and knowing what support is available in a crisis.
- FAP is committed to supporting service members and their families impacted by domestic abuse through victim advocacy and crisis intervention. If you or someone you know is experiencing domestic abuse, and you are not sure what to do, make a call to one of the victim advocates on your installation.
- If you are concerned about your safety and need immediate support, call the National Domestic Violence Hotline at 800-799-7233 or live chat with an advocate at [thehotline.org](https://www.thehotline.org/).
- If a friend or family member is experiencing domestic abuse, do not pressure them to leave. Instead, tell them you are there for them and that you can help them plan for their safety or seek outside support when they are ready. Ask them how they prefer stay in touch and support and believe them.
- In times of increased isolation, make yourself available for scheduled check-ins with loved ones who may feel unsafe at home – whether it be by phone, text or social media – so you will know if they're OK or if you need to call for help.

IF YOU ARE IN IMMEDIATE DANGER PLEASE CALL 911

For help with domestic violence, please refer to the resources below by county:

Macomb: Turning Point 24-hour Crisis Line: 586-463-6990 Turning Point's mission is to provide programs and resources that enable victims/survivors of domestic violence and sexual assault to regain control of their lives.

Oakland: HAVEN's Residential Program HAVEN's residential program is Oakland County's only 24-hour emergency shelter exclusively for domestic violence and sexual assault victims and their children. If you need a place to go, call the Crisis and Support Line at 248-334-1274, or chat live with us online.

Wayne: First Step 24-hour Help Line (734) 722-6800. The mission of First Step is to eliminate both domestic and sexual violence and to provide comprehensive services to individuals and families impacted by these crimes.

National Domestic Violence Hotline: 1- 800-799-7233

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